

## **Mustard Lamb with Roasted Root Veg**

Sweet roasted beetroot and sweet potato are the perfect tasty counterpoint to our tasty roasted lamb. Seared with a peppery wholegrain mustard and a rich delicious sauce, think of this as Roast 2.0 (i.e. very, very good indeed).



Prep: 10 mins Cook: 45 mins Total: 55 mins



level 1



lactose free



gluten

## **Pantry Items**





Olive Oil



Brown Sugar Water









Beef Stock



Sugar Snap Peas

QTY	Ingredients
800 g	sweet potato, unpeeled & sliced into 5 mm discs
2	beetroots, scrubbed, washed & sliced into 5 mm thin wedges
1 ½ tbs	olive oil *
1 portion	lamb leg
2 tbs	wholegrain mustard *
½ cup	boiling water *
1 cube	beef stock, crumbled
1 tsp	brown sugar *
200 g	sugar snap peas, trimmed & destrung

Ingredient features in another recipe

Pantry Items

Pre-preparation

Nut	trit	ion	per	serv	re.

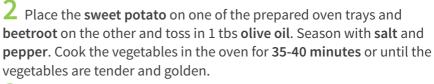
Energy	2060	Kį
Protein	45	g
Fat, total	17.1	g
-saturated	5.9	g
Carbohydrate	35.9	g
-sugars	16.6	g
Sodium	524	mg

**Disclaimer:** We always try to source the freshest and locally grown ingredients. Unfortunately, due to the recent storms, we weren't able to source green beans this week and have replaced them with sugar snap peas. Don't worry, your recipe will still taste delicious!



**You will need:** chef's knife, chopping board, two baking paper lined oven trays, medium ovenproof frying pan, spoon, plate, aluminum foil, small saucepan, medium saucepan and a colander.

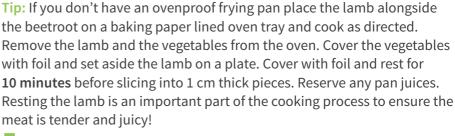
Preheat the oven to 200°C/180°C fan-forced.





3 Meanwhile, heat a medium ovenproof frying pan over a high heat. Drizzle the remaining olive oil over the **lamb leg** and season with the salt and pepper. Sear for **2 minutes** on each side to seal in all of the juices.

4 Remove the lamb from the pan and rub half the **wholegrain mustard** all over. Return the lamb to the pan and transfer the pan to the oven for the last **30-35 minutes** of the vegetable cooking time.





Meanwhile, place the **boiling water**, **crumbled beef stock**, remaining wholegrain mustard, **brown sugar** and any remaining pan juices in a small saucepan. Stir to combine. Bring the mixture to the boil, and then reduce for **5-10 minutes**, or until slightly thickened. Meanwhile, bring a medium saucepan of water to the boil. Cook the **sugar snap peas** for **2-3 minutes** or until soft. Drain.



To serve, divide the roast vegetables and sugar snap peas between plates. Top with the slices of mustard glazed lamb and drizzle the sauce all over. Enjoy!